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# The Jerusalem Artichoke

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A Most Promising Crop to Grow—  
Potato and Corn Machinery Used  
—Giant French Strain Best.

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## PECULIARITIES OF THE PLANT

Artichokes grow well in any soil or climate but viable and desirable seed tubers can only be produced in the north temperate zone. Further south the growth from matured tuber to new plant is so nearly continuous that the seed is not hardened off sufficiently to stand shipment.

*U. S. D.*

In the north temperate zone the fall freezing "sets" the skin on the tuber and holds it sound and crisp against the spring awakening.

It also appears that the seed stock which is frozen during the winter months is much more viable than when grown in warmer sections and replanted soon after maturity.

Desirable seed can be raised only on the lighter or sandy loam soils, although any soil, the richer the better, will produce highly satisfactory tubers for table, commercial, live stock or processing uses.

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## BRIEF CULTURAL RECOMMENDATIONS

Technical Bulletin No. 514, U. S. Dept. of Ag.

Grow only strains known to be high-yielding and of acceptable composition, color, and shape.

Use only good, sound seed tubers that are free from injury and disease.

Plant as early as the soil can be properly worked in the spring.

Plant seed pieces approximately 2 ounces in weight, preferably whole, but cut if necessary.

Except in unusually favorable regions for the crop, as in the semi-humid, western part of Oregon, plant in rows 3 feet apart with seed pieces 2 feet apart in the rows. In localities comparable to Corvalis, Oreg., plant

in rows 5 to 6 feet apart with seed pieces 3 to 4 feet apart in the rows.

Cover the seed pieces to a depth of 4 inches except in certain arid regions at high altitude where the surface soil dries out quickly. Under such conditions plant 5 inches deep.

If the crop is grown for its tubers, leave the tops undisturbed until they are killed by frost.

Follow artichokes next season with a late-sown quick-growing hay crop or cultivated crop. Plow deeply and thoroughly when volunteer artichokes are a foot or more high. Hand-pull the survivors, unless they will be destroyed by harvesting the crop in which they are growing before August.

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## LEVULOSE SUGAR

Of the many plants which yield levulose, the Jerusalem artichoke (*Helianthus tuberosus*) has long been known to be the hardiest and most prolific. The plant lends itself readily to mechanized agriculture. The yields reported for the different varieties range from 10 to 20 tons per acre. The levulose content varies from 7 to 24 per cent. The artichoke is said to produce more sugar per acre than any other plant except sugar cane, while the cost of production per acre is less than for any other sugar-yielding plant.

At Iowa State College, the Dubrunfaut method has been adopted for the separation of levulose from the Jerusalem artichoke. However, important modifications have been made which in the opinion of the writers make the process really commercially possible.

Levulose possesses unique properties which will make its introduction into our list of available sugars invaluable. These properties have been widely discussed in the scientific and popular literature until an almost ready-made demand awaits the advent of levulose. Chief among its possible uses is to supply the desire for a sweet and the necessity of carbohydrate to the ever increasing number of those suffering from diabetes. The high solubility of levulose makes it valuable for cold drinks. It has been used for infant feeding, since it is one of the most easily digested sugars. It prevents the crystallization of other sugars in its presence, and therefore might be used to prevent this from occurring in jellies, in honey and in ice cream. The fact that it is the sweetest of all sugars should make it ideal for the confectionery industry, where alone or in combination with other sugars it should make any

combination of sweetness, solubility and texture possible. The culinary artist awaits the coming of levulose to create new and undreamed-of delicacies.—Iowa State College.

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## GENERAL USES

Artichoke Tubers are unexcelled as food for live stock and poultry. Tubers are fed raw and whole except for poultry where crushing or breaking open is an advantage.

Owing to the sugar content artichokes are very energizing and displace fully  $\frac{1}{2}$  the grain ration of Milch Cows and when fed liberally to horses or growing stock no grain ration is necessary.

Hogs thrive on Artichokes and will harvest any tubers left in the ground.

If fed the tubers in fair quantity or turned into the artichoke field, hogs require very little grain to finish fine for the market.

As the tubers keep well in the ground over winter fattening hogs can be turned into the field in the spring and finished for the May market with slight expense and trouble. A farmer in Northern Illinois has topped the market every spring for five years with hogs finished in the artichoke field and that too at a surprisingly low feed cost.

Artichokes and cull beans winter sheep in splendid shape and contribute to the fineness of the fleece.

Tubers may be left in ground over winter or stored in pits, root cellars or basements. When stored in basements an occasional sprinkling will prevent evaporation and corresponding shriveling.

If the tubers are not harvested in the fall the tops furnish dry feed for winter pasture and any part of the field not harvested fall or spring will develop a thick and heavy green cover crop which may be plowed down or pastured off during July and August. Milch cows pastured on green artichoke tops do surprisingly well and increase body weight.

Commercial demand for artichoke tubers is increasing rapidly, the principal outlets being: pickling concerns, chip manufacturers, commercial alcohol plants and experimental groups.

The demand for seed and table stock has been strong for some years and should increase as the value of this crop becomes better known.

## RECIPES FOR TABLE USE of Jerusalem Artichokes

### CANDIED ARTICHOKEs

Slice several large cold boiled artichokes of a  $\frac{1}{4}$  inch thickness. Dip in flour. Place in deep pan and cover with small amount of maple syrup and small amount of powdered sugar. Cook in oven for about 15 minutes.

### ARTICHOKEs AU GRATIN

1 lb. artichokes,  $1\frac{1}{2}$  cups white sauce,  $\frac{1}{2}$  cup grated cheese,  $\frac{1}{2}$  cup of cracker crumbs, 2 tablespoons melted butter.

Cook artichokes, cut in small pieces, mix with white sauce and put in baking dish. Sprinkle with crumbs mixed with grated cheese and butter, then bake in moderate oven until brown.

### HAM -- EGGS -- ARTICHOKEs

Fry thick slices artichokes with horse shoe cut ham and scrambled eggs in butter or vegetable oil.

### ARTICHOKEs RAW

Many people, especially those afflicted with diabetes, eat artichoke tubers raw. The tubers should be scrubbed and kept in a cool moist place and eaten skin and all or pared as preferred. There will be no disturbance of digestion and an energizing and carbohydrate food supplied to the system.

### ARTICHOKE CHIPS

Wash and pare and then slice thin. Cook in deep fat or vegetable oil at high temperature until crisp and brown. Drain on soft paper and sprinkle with salt.

### ARTICHOKE SALAD

Scrub and pare, slice thin. Add equal amount sliced cucumbers or tomatoes and arrange on lettuce. Sprinkle with chopped parsley cut fine and serve with French dressing.

### ARTICHOKE PURÉE

1 lb. artichokes,  $\frac{1}{2}$  lemon, 2 tablespoons butter, 1 sliced onion, 1 cup cold water, 1 blade mace,  $1\frac{1}{2}$  cups milk, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper,  $\frac{1}{2}$  cup heavy cream, 1 tablespoon nut meats, paprika.

Wash and pare artichokes and cut in slices. Put into cold water with juice of lemon. Let stand 15 minutes, then drain. Melt butter, add onion and artichokes and cook five minutes without browning. Add cold water and mace; cook until soft. Rub through a sieve and add to milk with salt and pepper. Serve garnished with whipped cream mixed with chopped nut meats. Sprinkle with paprika.

### BOILED ARTICHOKEs

Scrub artichokes thoroughly, pare and put at once into cold water until ready to use. Cook until tender, 25 to 35 minutes, in boiling water with salt and vinegar.

### SPECIAL ARTICHOKE SALAD

Chop equal amount of celery, green olives, green peppers, raw apples and cold boiled artichokes. Serve on lettuce with French dressing.

### ARTICHOKEs FRENCH FRY

Scrape or pare the tubers and cut length-wise in small triangular strips. Drop into hot lard or other cooking oil and when brown dip out and serve hot.

NOTE—A plain soup made in same manner as potato soup is quite acceptable. Artichokes added to ordinary vegetable soup is also a good practice. Use in chop suey instead of water chestnuts.

### Prices for Shipments, December to June:

#### Choice Hand Sorted Tubers via parcel post

(prepaid not beyond 4th zone) ..... 8c per lb.

Fifty pounds or over, express, freight or truck

(not prepaid) ..... 5c per lb.

One or more tons (not prepaid) ..... \$75.00 per ton

500 pounds will plant one acre, spaced 3 ft. by 2 ft. in rows.

All shipments (except parcel post) made in burlap bags.

Tubers for table use sorted to uniform size and guaranteed of first quality.

Seed stock is smaller and can be planted whole, although cutting will not injure the tuber.

Artichokes may be planted anytime in the south and as soon as ground can be worked in the north, to middle June.

Orders received in advance of shipping season will be filled in rotation and if supply is exhausted money will be refunded.

Orders for tubers should be sent to the undersigned grower—

HENRY P. ALBAUGH,  
Vestaburg, Michigan

Northern Grown Giant French White Strain  
Seed Should Be Demanded by All Planters.

NO ORDERS FILLED FOR LESS THAN \$1.00